**Things you can do from your couch**

• Save electricity by plugging appliances into a power strip and turning them off completely when not in use, including your computer.

• Stop paper bank statements and pay your bills online or via mobile. No paper, no need for forest destruction.

• Share, don’t just like. If you see an interesting social media post about women’s rights or climate change, share it so folks in your network see it too.

• Speak up! Ask your local and national authorities to engage in initiatives that don’t harm people or the planet. You can also voice your support for the Paris Agreement and ask your country to ratify it or sign it if it hasn’t yet.

• Don’t print. See something online you need to remember? Jot it down in a notebook or better yet a digital post-it note and spare the paper.

• Turn off the lights. Your TV or computer screen provides a cosy glow, so turn off other lights if you don’t need them.

• Do a bit of online research and buy only from companies that you know have sustainable practices and don’t harm the environment.

• Report online bullies. If you notice harassment on a message board or in a chat room, flag that person.world all.

• Stay informed. Follow your local news and stay in touch with the Global Goals online or on social media at @GlobalGoalsUN.

• Tell us about your actions to achieve the global goals by using the hashtag #globalgoals on social networks.

• In addition to the above, offset your remaining carbon emissions! You can calculate your carbon footprint and purchase climate credits from Climate Neutral Now. In this way, you help reduce global emissions faster!”

**Things you can do at home**

• Air dry. Let your hair and clothes dry naturally instead of running a machine. If you do wash your clothes, make sure the load is full.

• Take short showers. Bathtubs require gallons more water than a 5-10 minute shower.

• Eat less meat, poultry, and fish. More resources are used to provide meat than plants

• Freeze fresh produce and leftovers if you don’t have the chance to eat them before they go bad. You can also do this with take-away or delivered food, if you know you will not feel like eating it the next day. You will save food and money.

• Compost—composting food scraps can reduce climate impact while also recycling nutrients.

• Recycling paper, plastic, glass & aluminium keeps landfills from growing.

• Buy minimally packaged goods.

• Avoid pre-heating the oven. Unless you need a precise baking temperature, start heating your food right when you turn on the oven.

• Plug air leaks in windows and doors to increase energy efficiency

• Adjust your thermostat, lower in winter, higher in summer

• Replace old appliances with energy efficient models and light bulbs

• If you have the option, install solar panels in your house. This will also reduce your electricity bill!

• Get a rug. Carpets and rugs keep your house warm and your thermostat low.

• Don’t rinse. If you use a dishwasher, stop rinsing your plates before you run the machine.

• Choose a better diaper option. Swaddle your baby in cloth diapers or a new, environmentally responsible disposable brand.

• Shovel snow manually. Avoid the noisy, exhaust-churning snow blower and get some exercise.

• Use cardboard matches. They don’t require any petroleum, unlike plastic gas-filled lighters.

**Things you can do outside your house**

• Shop local. Supporting neighbourhood businesses keeps people employed and helps prevent trucks from driving far distances.

• Shop Smart—plan meals, use shopping lists and avoid impulse buys. Don’t succumb to marketing tricks that lead you to buy more food than you need, particularly for perishable items. Though these may be less expensive per ounce, they can be more expensive overall if much of that food is discarded.

• Buy Funny Fruit—many fruits and vegetables are thrown out because their size, shape, or color are not “right”. Buying these perfectly good funny fruit, at the farmer’s market or elsewhere, utilizes food that might otherwise go to waste.

• When you go to a restaurant and are ordering seafood always ask: “Do you serve sustainable seafood?” Let your favorite businesses know that ocean-friendly seafood’s on your shopping list.

• Shop only for sustainable seafood. There are now many apps like this one that will tell you what is safe to consume.

• Bike, walk or take public transport. Save the car trips for when you’ve got a big group.

• Use a refillable water bottle and coffee cup. Cut down on waste and maybe even save money at the coffee shop.

• Bring your own bag when you shop. Pass on the plastic bag and start carrying your own reusable totes.

• Take fewer napkins. You don’t need a handful of napkins to eat your takeout. Take just what you need.

• Shop vintage. Brand-new isn’t necessarily best. See what you can repurpose from second-hand shops.

• Maintain your car. A well-tuned car will emit fewer toxic fumes.

• Donate what you don’t use. Local charities will give your gently used clothes, books and furniture a new life.

• Vaccinate yourself and your kids. Protecting your family from disease also aids public health.

• **Four years ago Sepp Blatter started his fourth term as president promising to reform FIFA, promising to fight corruption and promising not to seek a fifth term. During FIFA's congress last week it's become clear reform has not taken place, corruption inside FIFA is worse than ever and 79-year old Blatter won a fifth term.**

**• There is no expectation left that in the next four years FIFA will change it's course. FIFA is Blatter and Blatter is FIFA and as long as they are glued together nothing will change.**

**• The current situation is very sad, chances of national federations leaving FIFA are growing and a split up of worldwide football community seems likely.**

**•**

**• WorldReferee has it's origins in sportsmanship. Sportsmanship should be the basis of every sport. Sport should unite, should create enjoyment and bring the better things of people into their communities.**

**• FIFA now is only united by money. Grey old men, most of them even unable to shoot a ball, are craving for money in backroom chambers. Most money is supplied by FIFA's sponsors. Therefore WorldReferee has called on the eight main sponsors of FIFA to withdraw their support for Blatter. We call on every supporter of football to do the same. Press the money providers that are facilitating the shameful business that is conducted in the name of sport. If nothing changes WorldReferee will support a new organization that provides a real basis for the love of football.**

**• The top FIFA sponsers you'll find here.**

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**• Consequently we had contact with Visa Inc. We have not heard anything from the others, but we keep on following them closely. We like to share Visa Inc's response here:**

**• "From the Office of the CEO, Visa Inc.**

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**• Thank you for reaching out to me regarding Visas sponsorship of the Fédération Internationale de Football Association (FIFA). As stewards of the Visa brand, my management team and I take seriously our responsibility to reinforce with Visas sponsorship partners the need to operate in a transparent and ethical manner. You will see that reflected in our public statement, which we issued earlier this week. Please know that we greatly appreciate hearing your voice and perspective on this important issue, and will work hard to ensure that the Visa brand continues to reflect the core values that have fueled its industry leadership for nearly 60 years.**

• According to the German justice department Red Paul is a key player in a big match fixing case. In the hope of reduced sentences Red Paul started talking to the justice deparment. During his interrogatation Red Paul seems to have admitted that he and Gözübüyük did meet each other in the canteen of Haarlem football club Young Boys. This canteen was closed in 2011 when it came into the open that it was used for illegal poker tournaments by criminals. Two matches are suspected: Jupiler League-games Veendam-Helmond Sport (0-0) en Fortuna Sittard-SC Cambuur (1-2), both played in september 2009. Both games attracted huge amounts of gamble money.

• Earlier in 2011 anonymous sources named Gözübüyük taking part in nightly poker sessions with soccer players. The case never came alive because all involved denied.

• Gözübüyük denies all charges about match fixing. The Dutch football association KNVB is convinced of the integrity of the Gözübüyük. KNVB calls Red Paul an unreliable source and is not happy with all this publicity damaging Gözübüyüks career. This weekend Gözübüyük is taking charge of the championship game between PSV and Heerenveen.

*• sources: De Volkskrant, nu.nl, parool.nl*

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